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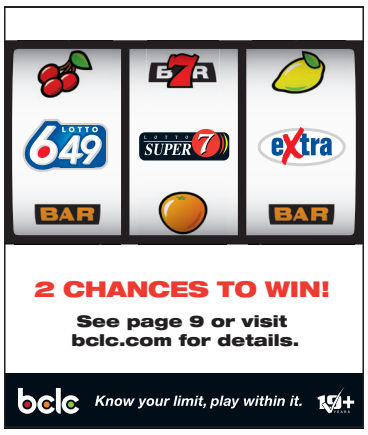

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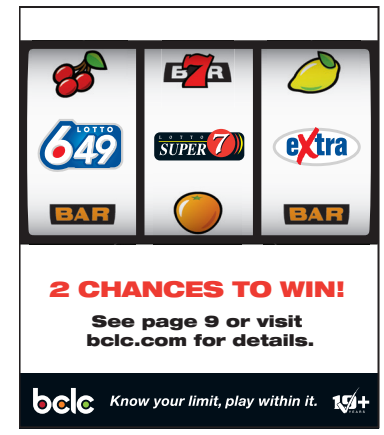

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Homicides No. 9 and 10

Unknown if shootings targeted

JEFF HODSON
jeff.hodson@metronews.ca

Two people are dead after a mid-morning shooting yesterday at an apartment in South Vancouver.

Vancouver Const. Lindsey Houghton said it was too early to say whether the homicides were targeted or connected to the recent spate of gang-related shootings.

Police were called to the building at 8:40 a.m. after a number of neighbours called 9-1-1 to report gunshots, Houghton said.

"We've been to the address in the past, but nothing that I'm aware of that would have any relation to this type of violence."

The building, which features a small number of apartments above a furniture store and a Money Mart payday-loan outlet, overlooks the busy intersection of 41st and Knight streets.

There appeared to be a bullet hole in one of the second-storey windows.

Jay Su, the owner of Jay's New And Used Furniture, the commercial space below the suite in which the homicide took place, said he was friends with one of the tenants and said one of the other suites was rented by a young man.

"Sometimes I smelled marijuana," Su said. "In the store, I smelled the marijuana … around evening, young guys just came in and out. It's different people."

The deaths are the city's ninth and 10th homicides of 2009. There have been more than 30 reported shootings in and around the Lower Mainland in the first 2½ months of this year.

Police cordoned off the building yesterday as a forensic identification team combed the scene. At one point a distraught young woman arrived at the scene and was helped into the back of a police cruiser. She identified herself as the girlfriend of one of the victims, according to media reports.

Houghton said police share the concerns and frustrations of the public.

"We're doing everything we can to target the individuals behind these kinds of crimes. We take gun violence in the city of Vancouver extremely seriously."

ANDY CLARK/REUTERS

A police officer comforts a distraught unidentified woman who showed up at the scene of a shooting that left two people dead yesterday inside an apartment in Vancouver.

VANCOUVER 2010 Games

Local airline could lose $1M during Olympics

SECURITY Banning flights originating at small airports in the B.C. interior from landing in Vancouver during the 2010 Olympics is expected to cost Pacific Coastal Airlines at least $1 million in lost business.

Security officials say all passengers landing at YVR must be fully screened. Many smaller airports don't have the equipment and staff to conduct thorough searches.

Spencer Smith, vice-president of Pacific Coastal, said he understands the need for enhanced security, but the price is just too high.

"It stands to cost us over a million dollars," Smith said. "There's no budget in place to help us with that. So it is what it is."

He added that this only leaves him three options. The first is to put temporary security checks in the airports that don't have them. The second would be to redirect flights to stop at airports that can do security checks. The third option is to stop flights altogether.

"Option three is a real option," Smith said. **SAM SMITH/ FOR METRO VANCOUVER**

Hastings workers want alternative to Olympic layoffs

RACECOURSE The union representing about 200 Hastings Racecourse employees is demanding the province and VANOC find an alternative to laying the workers off for a month during the 2010 Games.

The City of Vancouver already found an alternative to the lease payments it collects from their employer — a $100,000 break that will become the burden of taxpayers.

Staff facing a month without work want the same compensation after learning last week the facility is being shut down for security reasons. It's too close to Pacific Coliseum, which will host several Olympic events.

Andy Ross, president of the union representing the workers, said the decision to shut down was made in 2007, but was revealed only last week.

VANCOUVER 2010 Games

"We have been told time and again … that the Olympics will be an engine for creating jobs in B.C., and yet here we see hundreds of job losses," he said.

"(These workers) should be benefiting from this event, (not) being left without a job and a wage for the entire Olympic period."

David Dahl, a security officer at the racetrack, said he feels like his government is treating him like collateral damage.

"I'm all for the Olympics, but why would you take employment away from a couple hundred people when you can avoid it?" he said. "The Olympics are the important thing and (the province doesn't) care about us." **KRISTEN THOMPSON /METRO VANCOUVER**

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Metro Drive
- **Put the brakes on car maintenance costs and keep the mechanic away, pg 14**

Tomorrow
- **We serve up some local Meals for a Steal.**

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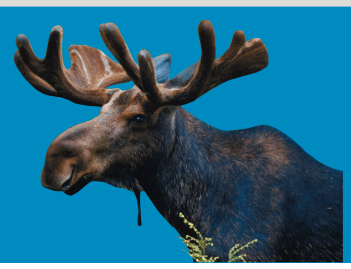
Researchers seek pregnant women for psychological study
Simon Fraser University psychology researchers are looking for healthy women in their second or third trimester to learn more about how women's memories may be affected during pregnancy and the role that hormones may play. METRO VANCOUVER

Local



Man hurt in moose attack

A Prince George man has suffered minor injuries after being trampled by a moose. The moose and her calf were walking through a wooded residential area when they were attacked by the man's two dogs. When the victim tried to call his animals off, the moose charged.

METRO VANCOUVER

Tibet uprising remembered

150 protesters honour 50th anniversary at march

SAM SMITH
for Metro Vancouver

Tsering Garie walked across the Granville Street Bridge with 150 people around her yesterday. She had a protest sign in her hands and her parents on her mind.

Garie's mother and father fled Tibet in 1959, a time she says 100,000 people were killed trying to resist the Chinese invasion. More have died since.

"It's very hard, brutal. Exactly 50 years ago, the Chinese government chased my parents out," Garie said.

"So I am here to march, to demonstrate for the rights of Tibet."

She was born in India and has never been to Tibet. She would like to see it free.

Tashi Namguyal, 57, said the 50th anniversary marks a time for change.

"There will be stronger action in respect to government," he said.

"We want the federal government to not just make statements of condemnation, we want them to treat this like they do the Middle East."

According to Namguyal, the protest could have been larger, but seeing foreign protesters was encouraging.

"There's maybe 200 people here this year, some are even coming up from Seattle," he said. "It's a global issue, I don't know why the government doesn't deal with it seriously."

Protesters rallied outside the Chinese consulate before noon and then marched to the Vancouver Art Gallery where they held a candlelight vigil in the evening.

KRISTEN THOMPSON / METRO VANCOUVER

Pro-Tibet supporters march over the Granville Street Bridge yesterday to mark the 50th anniversary of the failed Tibetan uprising.

GM Place staff stare down Games layoffs

SAM SMITH
for Metro Vancouver

B.C. politicians sparred in the legislature in Victoria yesterday over the fate of GM Place workers during the Olympics.

Bartenders, cooks and concession workers at The Garage are without a contract and are facing the possibility of getting laid off during the 2010 Games.

Although their employer, Aramark, is bidding to be the food services provider during the Olympics, VANOC has not yet made a decision.

The workers voted to strike on the weekend and are threatening to picket Canucks games and the Juno Awards on March 29.

Nicole Kennedy, spokesperson for Aramark, said the company has a backup plan in the event of a strike and that people will still get their beer and burgers.

"We're still focusing on coming to a new agreement," Kennedy said. "But we do have a contingency plan in place if the workers do strike."

But Michelle Travis, a spokesperson for the workers, said the service couldn't be replaced.

"Given the amount of food and beer they're serving, I just think they can't possibly meet the needs of thousands of folks that come to see the Canucks play or see a concert," Travis said.

Bail hearing for alleged gang head postponed

HEARING Alleged UN Gang leader Barzan Tilli-Choli will spend another week in jail before his bail hearing — which was originally scheduled for yesterday — on attempted murder charges.

Tilli-Choli, 26, and four other people were arrested last week in connection with a drive-by shooting in Surrey that left one man injured. Aram Ali, 23, from Vancouver and Nicola Cottrell, 26, of New Westminster have been charged with two counts of attempted murder.

A fifth suspect, Sarah Jane Trebble, has been released on a promise to appear in court later this month. She has been charged with being in a vehicle while knowing a firearm was present.

METRO VANCOUVER

News in brief

INJURY Police were called to a convenience store near Denman and Nelson streets yesterday morning after a man walked in bleeding from a large cut behind his ear, news1130.com reports. The clerk told the man to leave and called police, but when officers arrived he was gone.

FRAUD Victoria investment adviser Ian Gregory Thow, 47, appeared in a Vancouver court yesterday to face 25 charges of fraud over $5,000, CBC News Online reports. Thow, who was arrested last month in Oregon, was handed over to Canadian authorities Monday at the Peace Arch border crossing.

TRAFFICKING Six people have been arrested in connection with a five-month drug trafficking investigation in Burnaby. Police raided five homes and one business on March 5, seizing cocaine, heroin, ecstasy and weapons, and $80,000 in cash. METRO VANCOUVER

metronews.ca
What's online today.

Video Harper says Canada is poised to profit from global recession at **metronews.ca/canada**

Video Testimony at the inquiry into Robert Dziekanski's death has shaken public confidence in the RCMP at **metronews.ca/canada**

Blogs Political Stripes says it's time automakers stopped blaming the recession for problems.

ICBC to lower its rates in 2009

INSURANCE ICBC is reducing optional insurance rates by three per cent and likely freezing basic rates in 2009.

The announcement comes despite a 23 per cent drop in ICBC's net income to $497 million in 2008, a loss that was offset by gains elsewhere.

The insurance corporation said that a moderation in claims and conservative investing were key factors allowing it to lower drivers' premiums.

ICBC's investment strategy yielded returns of more than one per cent last year at a time when other companies experienced losses.

"Our strong financial record allows us to both reduce rates and contribute more to our retained earnings." Jon Schubert

Jon Schubert, ICBC's president and CEO, said the announcement is based on preliminary calculations.

"We are working on the final recommendation on basic rates for the British Columbia Utilities Commission," Schubert said yesterday.

"Our strong financial position allows us to both reduce rates and contribute more to our retained earnings, which will continue to cushion customers' rates during these volatile economic times."

METRO VANCOUVER

VANOC transportation plan released this morning
VANOC is releasing its transportation plan for the Vancouver 2010 Winter Olympics this morning. Log on to metronews.ca at 10 a.m. to learn which streets will be closed and how to get around during the Games. **METRO VANCOUVER**

May may run in local byelection

Green party Leader Elizabeth May says she would consider running for a seat in a soon-to-be-vacant riding in B.C., but will not make up her mind until a byelection is called.

New Democrat MP Dawn Black announced over the weekend she would resign her federal seat in New Westminster-Coquitlam to run in the upcoming provincial election.

"It's certainly a significant personal sacrifice to leave a place I love living, that's near my family and where I've got a lot of dear friends." Elizabeth May

May has said repeatedly since losing to Defence Minister Peter MacKay in Central Nova last October that she would be willing to run in a byelection anywhere else in the country, but was noncommittal yesterday about trying to replace Black.

"I'm prepared to look at some of the places if they (campaign advisers) can persuade me that my chances are really better there," she said. "It's certainly a significant personal sacrifice to leave a place I love living, that's near my family and where I've got a lot of dear friends and a strong organization."

May said her party has strong support in B.C., but since it is across the country from her 83-year-old father and where her daughter plans to attend university, she is "not particularly leaning that way."

TORSTAR NEWS SERVICE

VANCOUVER
2010 **Games**

Counting down the seconds to the Games

WATCH It's Vancouver 2010 time. Literally.

Omega, the maker of the Olympic Countdown Clock in front of the Vancouver Art Gallery, has released two special limited edition wristwatches to commemorate the countdown to the Games.

The Omega Seamaster Diver 300m, which retails for $4,500, uses a contrast of red and white colours with white dials reminiscent of snow and ice. The counterweight of the seconds hand features the Olympic rings.

The caseback is embossed with the Vancouver 2010 Winter Olympic Games logo with an Inukshuk image.

Only 2,010 of the timepieces are being made.

METRO VANCOUVER

News in brief

RESCUE Two hikers who went missing in Mission and Kelowna were rescued in two different searches early yesterday morning, cknw.com reports. A 25-year-old man was found near Hatzic Lake in Mission, while a 45-year-old woman was rescued in West Kelowna.

DRUG BUST Ridge Meadows RCMP have seized 1,500 marijuana plants, more than 200 ecstasy pills, heroin, cash, a Taser and a shotgun after raiding five homes in the past week. Three men and one woman, all in their late 30s, were arrested in connection with the raids.

FRAUD Three women and two men from Coquitlam and Port Coquitlam have been arrested on fraud and theft charges after RCMP busted an identity theft ring. Police said two of the suspects are prolific offenders.

METRO NEWS SERVICES

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Local chip company to take a bite out of national market

FOOD With the help of the publicity generated by appearing on the TV show Dragon's Den, a local potato chip manufacturer introduced his brand to the rest of the country.

And yes, the Dragons did offer Sepp Amsier a deal, but the maker of Hardbite Potato Chips turned it down.

"I take a competitor's bag and mine to prospects and I win every time." Sepp Amsier

But not the exposure, which helped him find new Canadian buyers — Hardbite is already well known in Asia.

Amsier is banking his continued success on the trend toward healthier food choices.

"It's crucial in this day and age because I know British Columbians are becoming more careful with what they eat and want more natural, nutritious foods," he said yesterday.

Hardbite chips are trans-fat free, cholesterol free and have a low sodium content.

"I take a competitor's bag and mine to prospects and I win every time," Amsier said.

He was at the two-day Grocery Showcase West, which opened yesterday at The Vancouver Convention and Exhibition Centre.

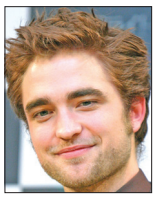
The show, with more than 350 exhibitors, is the largest of its kind in Western Canada.

TARYN MCELHERAN/ FOR METRO VANCOUVER

'Fanpires' abuzz over Twilight sightings

TARYN MCELHERAN
for Metro Vancouver

CELEBRITY Vancouver "fanpires" are bubbling with excitement as numerous sightings of Twilight cast members in our city are popping up all over the Internet.


Rob Pattinson

Several entertainment blogs say that Rob Pattinson (Edward) has been spotted walking alone down Davie Street and also along Robson Street.

Kristen Stewart

Kristen Stewart (Bella), Nikki Reid (Rosalie) and Taylor Lautner (Jacob) have been photographed in-and-around the areas of Robson and Howe streets with multiple shopping bags.

The actors are in Vancouver to film the second movie of the Twilight Saga, New Moon, which is set for release Nov 20.

B.C. SPCA
The SPCA is looking for the owner of this British bulldog.

SPCA seeking bulldog's owner

SURREY The owner of a British bulldog found with a painful skin condition in Surrey is being sought by the B.C. SPCA.

The animal is missing most of the hair on his body, his skin is raw and his back and neck are covered in bulbous scabs.

"He would feel like his skin is on fire," Eileen Drever, senior animal protection officer, said. "It's beyond me how someone would allow an animal to suffer like this."

Under the Prevention of Cruelty to Animals Act, guardians are required to provide adequate veterinary care, and to not permit animals to be in pain, suffer or be neglected. **METRO VANCOUVER**

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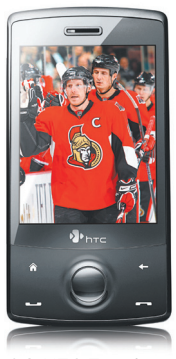

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Listeriosis suit

A proposed $25-million settlement in a class-action lawsuit against Maple Leaf Foods over last year's listeriosis outbreak was approved yesterday by a judge in Saskatchewan, moving the case toward a conclusion. **CBC NEWS ONLINE**

Canada

Unwise prize?

Ontario Infrastructure Minister George Smitherman is upset that the province's lottery commission has purchased foreign-made Mercedes-Benz cars to use as prizes at a time when the province is trying to bail out General Motors Canada and Chrysler Canada to protect Canadian jobs.

TORSTAR NEWS SERVICE

Stimulus money to be spent quickly, PM says

Ottawa will start pouring $20 billion of stimulus spending into the economy on April 1 as part of its plan to fight off the global financial crisis, Prime Minister Stephen Harper said in an upbeat speech yesterday.

Harper, whose minority Conservative government plans to spend $40 billion in stimulus over the next two fiscal years, said his officials had slashed red tape to ensure the money could be spent quickly.

"As a result, by April 1, the government will be able to start pumping $20 billion directly into the economy, representing close to 90 per cent of the stimulus for this fiscal year," he said in the prepared text of a speech in Brampton, Ont.

Harper said the government would make most of the stimulus funding available on April 1, and said the rest would be available within five months.

The spending will rack up $64 billion in budget deficits over the next two fiscal years. Harper repeated his line that the deficits would be temporary.

REUTERS

Job numbers 'not likely to be good'

- The Canadian economy will have a difficult 2009, and jobs data due later this week will be the latest evidence that it is being hit hard by the global economic slowdown, Finance Minister Jim Flaherty said yesterday. "These numbers are not likely to be good," Flaherty told the Senate's finance committee.

Liberals still trail Conservatives, polls show

POLLS Canada's opposition Liberals are making up ground on the governing Conservatives in some parts of the country but still trail in overall public support, according to two new polls published yesterday.

An Ipsos Reid poll for Canwest News Service said the Liberals had risen two percentage points to 33 per cent since its last poll in early February. The Conservatives were stable at 37 per cent.

A smaller Strategic Counsel survey for the Globe and Mail said the Liberals had slipped two points to 31 per cent from last month, with the Conservatives rising three points to 35 per cent.

REUTERS

Tibet **Half a century marked**

CHRIS WATTIE/REUTERS

Tears roll down the face of a pro-Tibet activist during a demonstration yesterday on Parliament Hill to mark the 50th anniversary of the Tibetan uprising against China. The Dalai Lama, Tibet's leader-in-exile, spoke to thousands in India, lamenting the destruction of his homeland.

Ottawa moves to stake claim on Arctic

TERRITORY Canada is stepping up diplomatic efforts to protect its Arctic sovereignty, a move that comes as other northern nations eye the vast area's resource wealth and melting ice invites new shipping.

In a speech today, Foreign Affairs Minister Lawrence Cannon will make clear Ottawa's claim on its Arctic territory, a message he then intends to take directly to Canada's northern neighbours over the coming months.

"As the prime minister stated many times, if someone threatens our Arctic sovereignty, we will push back," one federal official said, speaking on background.

"But it's more about taking leadership, it's proactive ... Canada wants to be a leader in addressing the challenges and opportunities that are unfolding in the Arctic."

TORSTAR NEWS SERVICE

NATO front-runner
Danish Prime Minister Anders Fogh Rasmussen is emerging as a front-runner to be the next head of NATO, a post the United States was said to be backing Canadian Defence Minister Peter MacKay for. REUTERS

Ottawa rejects plan to restrict U.S. TV imports

The Canadian government has rejected a proposal by the country's television regulator to curb domestic broadcasters' spending on U.S. series.

Federal Heritage Minister James Moore said that Ottawa should not impose conditions or quotas on how Canadian broadcasters buy U.S. programming.

"(Canadian) broadcasters have their own business model," Moore said. "They keep their business models going forward as best they can. Far be it for me to second-guess how to run a broadcast network and programming."

His comments follow a Canadian Radio-television Telecommunications Commission (CRTC) proposal to use upcoming licence renewal hearings to consider whether expenditures on homegrown TV shows should match those for American fare.

> **"Broadcasters have their own business model."**
> James Moore, heritage minister

Domestic broadcasters contend that they require the profits generated by airing U.S. series to subsidize the production of expensive homegrown dramas. Canadian independent producers, unions and guilds favour the CRTC's proposal for a so-called 1:1 ratio on Canadian and non-Canadian program expenditures as a welcome measure to promote homegrown series production.

Moore said his job is to encourage the production of homegrown programming, a role that saw him move to merge the Canadian Television Fund and the Canadian New Media Fund into a rebranded $310 million Canada Media Fund. REUTERS

News in brief

STIMULUS Canadian Finance Minister Jim Flaherty blasted members of the Senate yesterday for not passing the government's stimulus-laden budget legislation quickly, and warned that the economy would continue to worsen. The budget will rack up a total of $64 billion in deficits over the next two fiscal years. The bill passed through the House of Commons relatively quickly and must now be approved by the unelected Senate. REUTERS

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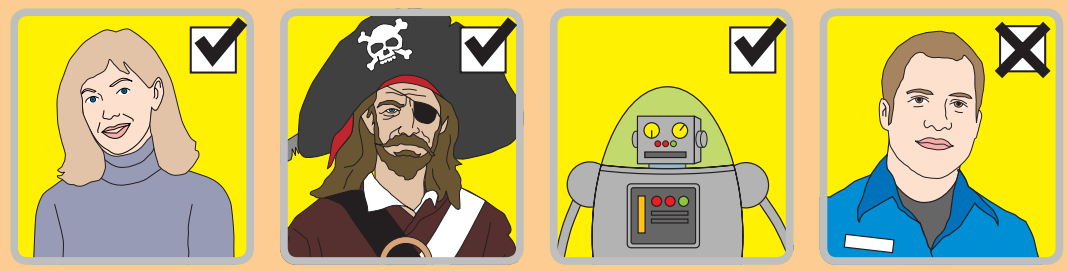

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SATISFACTION OR MONEY BACK

Ten dead in Alabama shooting
A shooting in southern Alabama killed at least 10 people yesterday afternoon, including the gunman, police confirmed. METRO NEWS SERVICES

World

New use for hair

A hair sample analysis could be more effective than a blood test in determining if anti-AIDS drugs are effective in patients, researchers said. REUTERS

Irish, Brits promise peace

Backlash fears raised after policeman, soldiers slain

Irish and British politicians vowed yesterday to defend the peace process between Northern Ireland's Protestants and Catholics after attacks on security forces by republican dissidents threatened a return to conflict.

The Continuity IRA killed a policeman on Monday two days after another splinter group shot dead two British soldiers at an army base, in attacks that raised fears of a backlash from pro-British loyalists.

"These people, a small group of evil people, have the capacity to kill and to maim," said Irish Foreign Minister Micheal Martin at a news conference with British ministers.

"What they don't have is the capacity to undermine the advances that we've made in society on the island of Ireland."

A 1998 power-sharing agreement has brought relative calm to Northern Ireland after 30 years of bloodshed between minority Irish Republican Catholics and pro-British Protestants.

The Continuity IRA and the Real IRA, which claimed Saturday's attack, oppose the peace settlement and have pledged to keep up their fight until British rule is overthrown and Ireland united.

They do not have widespread support within the province's Catholic community, with a membership in the low hundreds. But their actions have the potential to fuel violence.

"That has to be a worry that there will be a reaction from loyalist paramilitaries who have more or less gone off the pitch," Ireland's Justice Minister Dermot Ahern said.

A 17- and a 37-year-old, were arrested in connection with the policeman's killing, police said. REUTERS

Grim history

- Stephen Carroll, 48, who was shot on Monday night, was the first policeman killed in Northern Ireland since 1998, when the IRA and pro-British Protestant guerrilla groups agreed to cease hostilities.
- Thirty years of sectarian violence had killed more than 3,600 people in the region.

Dalai Lama denounces Chinese rule of Tibet

ASIA The Dalai Lama said yesterday more and more Chinese were beginning to see a problem with Beijing's rule over Tibet, lamenting how the homeland he fled 50 years ago had become a "hell on earth."

Speaking before some 10,000 Tibetans from around the world, the 73-year-old slammed China for bringing "untold suffering and destruction" during a series of repressive, violent campaigns in Tibet since 1959.

China tightened security across ethnic Tibetan areas, aiming to head off potential unrest on the 50th anniversary of an uprising that prompted the Dalai Lama's flight into exile in India.

Monks said they were under close surveillance and riot police blocked roads and turned away foreign journalists from parts of Sichuan, Gansu and Qinghai provinces. REUTERS

Kashmir **Special day of worship**

DANISH ISMAIL/REUTERS

A Muslim raises his hands as he looks at the relic of Muhammad on display during the Eid Milad-un-Nabi festival at the Hazratbal shrine in Indian Kashmir yesterday. Tens of thousands of Kashmiri Muslims offered special prayers during the anniversary of the birth of Muhammad.

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No progress in UN drug campaign, report says

DRUGS A United Nations campaign to cut supply and demand for illegal drugs has shown no progress globally in the decade since it was launched, a European Commission report said yesterday.

The report came on the eve of a ministerial-level meeting by the UN Commission on Narcotic Drugs in Vienna to review the decade since a UN general assembly session (UNGASS) launched the war on drugs.

Papering over internal dissent over how to make anti-drug policy more effective, UN members are expected to sign a declaration committing themselves to fight the drug trade for another 10 years.

The European Commission report said enforcing drug bans had backfired by displacing drug traffickers to relatively lawless regions. The ban had led to addicts sharing needles — spreading disease — as syringe-exchange centres have been unavailable.

Cocaine and heroin consumption had declined in the West but had risen to become "a serious epidemic" in parts of eastern Europe and central Asia, producing a net increase globally since 1998. REUTERS

EBay seeks OK for employee option exchange program
EBay Inc. is asking stockholders to approve a one-time program to let employees exchange their "underwater" stock options for restricted stock units at a set ratio, according to a U.S. regulatory filing. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The power of traffic

Company looks to roads, railways for energy

An Israeli energy startup wants to turn irritating rush hour traffic into a source of electricity.

Innowattech, a company affiliated with Israel's Technion Institute of Technology, said special generators placed under roads, railways and runways can harvest enough energy from passing vehicles to mass-produce electricity.

The generators contain material that produces electricity when mechanical force is applied, like the pressure from a passing car's tires.

The process, known as piezoelectricity, has been used for years on a smaller scale, including in barbecue lighters and a dance club where dancers' feet light the floor.

Uri Amit, chairman of Innowattech, said the company's technology will be the largest application of piezoelectrics to date, with a single one-kilometre lane of highway providing enough energy to power about 40 houses.

But the technology has its limitations since it can collect a steady flow of electricity only from busy roads and rails. REUTERS

Timeline

- Innowattech's Uri Amit said the first pilot program will begin in the coming months on a 30-metre strip of highway outside Tel Aviv, and that similar projects could start internationally in 2010.

Chicago **U.S. stocks rebound**

JOHN GRESS/REUTERS

Traders react in the S&P 500 pit at the Chicago Mercantile Exchange yesterday. U.S. stocks rose about five per cent yesterday after Citigroup reported profitability in the first two months of 2009 and a key lawmaker said he expects the restoration of a rule that makes it harder to bet that a share's price will fall.

AIG bailout stirring up resentment

FUNDS The $173-billion US government rescue of American International Group Inc. is stoking resentment among investors who see it as a backdoor taxpayer bailout of banks.

AIG continues to bleed red ink and its stock and bond holders have been crushed, but one group has suffered almost no damage: Banks that bought credit protection from AIG Financial Products.

Regulatory filings show that since the announced rescue of AIG on Sept. 15, about $50 billion of government money has passed through the company to banks. REUTERS

Business in brief

CAW The Canadian Auto Workers union is voting on a tentative deal with General Motors that would result in savings of several dollars an hour in costs for active workers and cost reductions for retirees. The results of the vote are expected late today. REUTERS

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A sign of the times

TheWestView

Paul Sullivan

metronews.ca/thewestview

Every Sunday morning at my house, a miracle happens. It's not what you're thinking; although it's the closest thing I have to a spiritual experience.

Because every Sunday morning the Sunday New York Times arrives on my doorstep.

There it is, brimming with substance, weighing in at five pounds (although it's gone on a diet lately) stuffed with "All the News That's Fit to Print:" the world's greatest newspaper.

I sit down with a mug of fresh coffee and get lost for a couple of hours with great columnists, fantastic reporting from around the globe and the New York Times Book Review, my very favourite thing. Via the Sunday Times, I reconnect weekly with the best of civilization.

So how can it be that this miracle is in jeopardy? That the Times, along with at least a dozen other major U.S newspapers and Canwest, Canada's biggest newspaper chain, are in danger of dying if they aren't, like the Rocky Mountain News in Denver, already dead?

Well, it's a long story, kids, and because it is happening to journalists, it is being reported with extreme diligence. Check out: mediafade.blogspot.com, poynter.org or j-source.ca for obsessive coverage. And for the unthinkable demise of the Times, go to theatlantic.com and read End Times: Can America's paper of record survive the death of newsprint? Can journalism? Shiver.

The newspaper industry is partially to blame for its own troubles: It has been slow and erratic in its response to the challenge of online and mobile news. You could argue it is a senseless act of wanton destruction to kill trees to publish the National Post. But the industry can hardly be blamed for the demise of the economy or that advertising revenue is drying up faster than ink on the page.

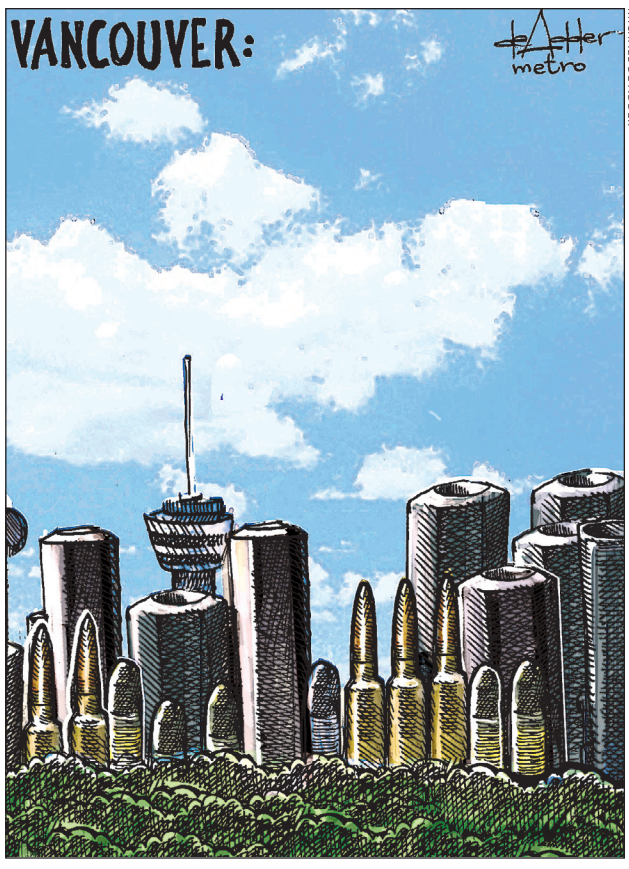
And while I admire the feistiness and pluck of the Metro chain and its commuter model, I have to wonder what happens the day the big metro dailies die.

The coffee-mug-half-empty analysis is that newspapers and their handsomely funded newsrooms are the wellspring of the news and all the others — TV, radio and Google — are mainly parasites. And we're going to find out just what we've lost when they're gone.

But the coffee-mug-half-full analysis is that while it will change, the news will never die. People will always want to know what's going on and there will always be people with a nose for news who are ready to tell them. Does it matter how we get it, as long as we get it? And anyway, there's no news in a newspaper. By the time we get it, it's a museum, full of stuff we read online at least 24 hours ago. Let it go.

So why can't I let go? I guess I'm finally going to have to face it. While I was standing by the window waiting for the Times, the times just passed me by.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Worth mentioning

Sea levels rising faster than expected: Scientists

The UN's climate change panel may be severely underestimating the sea-level rise caused by global warming, climate scientists said recently, calling for swift cuts in greenhouse emissions.

"The sea-level rise may well exceed one metre by 2100 if we continue on our path of increasing emissions," said Stefan Rahmstorf, professor at the Potsdam Institute for Climate Impact Research. "Even for a low emission scenario, the best estimate is about one metre."

Rahmstorf spoke at the International Scientific Congress on Climate Change in Copenhagen. The UN's Intergovernmental Panel on Climate Change in 2007 predicted global warming would cause sea levels to rise by between seven inches and 23 inches this century. The IPCC said at the time the estimate could not accurately take into account factors such as the melting of ice sheets in Greenland and Antarctica. Many scientists criticized the number as too conservative.

"The ice loss in Greenland shows an acceleration during the last decade," said veteran Greenland researcher Konrad Steffen, director of the Cooperative Institute for Research in Environmental Sciences at the University of Colorado, Boulder.

"The ice loss in Greenland shows an acceleration in the last decade."
Konrad Steffen

John Church, a researcher at the Centre for Australian Weather and Climate Research in Hobart, said rising oceans will lead to more frequent devastating floods in coastal areas.

The faster humans limit carbon dioxide emissions, the greater the chance to avoid the most extreme scenarios, he said.

"We could pass a threshold during the 21st century that can commit the world to metres of sea-level rise," he said. "Short-term emission goals are critical." REUTERS

Word on the street: Do you believe news media play an important role in today's society?

Karl Williams
age 45, Vancouver

A: Definitely. Just because of all the current events that are brought out every day.

Vanessa Vermas
age 27, Vancouver

A: Yes. Just because I believe it provides a way to get information out there to everybody.

Melissa Tolentino
age 22, Vancouver

A: Of course, because everyone has their own opinion about everything and people like to read about what others think.

Sayah Lee
age 29, Toronto

A: It can affect a lot of our emotions. It can desensitize our emotions.

Gia Smith
age 39, Calgary

A: Yes, because of the media, people get all the information they need and rely on.

Amanda Bronstein
age 20, Ottawa

A: Yes, but it's actually a bad role. There's too much celebrity coverage.

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

U-20 Canadians look to advance
Canada can advance at the CONCACAF U-20 men's soccer championships today with a win against Costa Rica in Trinidad. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

End of staged fights?

The National Hockey League appears poised to reduce fighting.

NHL general managers proposed at the GM meetings yesterday that a 10-minute misconduct penalty be given to players who engage in staged fights after a faceoff. They also suggested that the instigator rule be more strictly enforced, particularly in cases where a player wearing a visor initiates a fight or a

player drops the gloves after a teammate has been bodychecked.

Of the first 500 fights this season, the NHL says 108 occurred right after a faceoff.

Another 118 came in instances where a player was responding to a teammate getting hit.

That number has risen sharply over the years because of the trend where players begin fights after almost any teammate gets hit.

In the past, that kind of response was usually reserved for times when a star player was taken out. METRO NEWS SERVICES

NHL Habs beat Oilers

RICHARD WOLOWICZ/GETTY IMAGES

Carey Price makes a stop against the Edmonton Oilers in Montreal last night. The Canadiens won 4-3 in overtime in Bob Gainey's first game back behind the Habs bench.

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The Canucks are hoping to bounce back from a loss while the Ducks are hoping not to get bounced from the postseason. Vancouver lost for just the third time in fifteen games on Monday in L.A. Anaheim, meanwhile, has lost three straight and seven of 10 to fall to tenth place in the West.

JEEEPERS, KEEPER: Ducks goalie J.S. Giguere has allowed 26 goals in his last eight starts. Over the same stretch, only fourteen pucks have eluded Roberto Luongo. METRO NEWS SERVICES

I guess we like being pigeonholed

What's annoying isn't so much Canada losing to Italy *in baseball* on home soil the other night.

Forget pitching. That's sports and these things happen, albeit as another Canadian choke job on the international stage.

But, as usual, most galling was the reaction of certain Canadians. "Who cares. We suck," was a response from someone I know.

"At least we've got hockey," was another, perhaps the most annoying.

Given that only 12,000 and change bothered to show up for the game, it shook down pretty similarly to the first two Blue Jays home games in any given season — almost a sellout against the U.S. in the opener, and a smattering of folks for Game 2. Could Team Canada have used more fans against Italy? Probably.

Sure, this World Baseball Classic thing is still in its infancy and hasn't caught on yet. But will it ever in Canada? Or will it just go the way of every other international sport we attempt to succeed at but don't, in part because of lack of interest?

It's not news, but TV ratings indicate unity around hockey and curling (interesting for a country that prides itself on multiculturalism), while support for every other sport is splintered into small groups.

As for the players, it's safe to say now there's always going to be a Ryan Dempster who just signed a contract, a Rich Harden who's hurt, a Jamaal Magloire who chooses politics over playing or a Samuel Dalembert who gets kicked off a team for reasons never fully explained. Just like there are always going to be the funding issues for non-winter sports that Julian de Guzman brings up in the media, that help encourage his brother Jonathan to play soccer for another country.

It's no wonder some people on this continent think we all live in igloos.

But, like the other guy said, at least we've got hockey. And Scandinavia, Minnesota and nobody else are very impressed.

John Chick is Metro Canada's sports editor.
john.chick@metronews.ca

A bigger shocker

- The Netherlands defeated the Dominican Republic 2-1 last night to move on in the WBC. Venezuela beat Italy.

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Entire Matters of the Heart series online
Don't miss the Metro's entire exclusive series, Matters of the Heart, when you visit Metronews.ca/work. And keep reading the paper for our next series on pets and the people that love to work with them.

Workology

Abolish tuition?

What would happen if university tuition were abolished? In the opinion of CBC columnist Heather Mallick, it would rid the PSE system of a mess. Universities would accept only those with a realistic chance of success, class sizes would shrink, grade inflation would become pointless, and dumbing down would be terminated, according to Mallick. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Sexual writing

Matters of the Heart

NOELLE MUNARETTO
for Metro Canada

PHOTO SUBMITTED

Josey Vogels authors two nationally syndicated columns, including Metro's The J Spot.

Josey Vogels is one of the country's most famous sex and relationship writers, but don't expect her to be a leather-clad vixen doling out saucy advice whenever possible. Instead expect her to give off a down-to-earth vibe, more reminiscent of a close friend with whom you would share dinner and drinks.

"People have some sort of notion that I'll show up in latex brandishing a whip, but I'm very vanilla and very much a small town girl," says Vogels, laughing.

As she sips a coffee, Vogels reflects on a career that has taken her off the family dairy farm in Newtonville, Ont., and into the bedrooms of Canadians.

Vogels, the youngest of eight children, always knew that farm life wasn't for her. When she finished high school, she moved to Toronto to work in community radio. Vogels then applied to the journalism program at Concordia University and began to hone her writing skills both in-class and at the school paper. After graduating, she was recruited by Hour magazine as an arts editor. It was there that she initially pitched her sex and relationship column, My Messy Bedroom.

"I was feeling like sex wasn't really getting talked about. There really wasn't a healthy positive debate within the community," says Vogels. "It didn't reflect the lives of my friends."

Although the then all-male team of editors thought Vogels would run out of material in six weeks, she cultivated her beat by scoping out unique stories.

"I was feeling like sex wasn't really getting talked about."
Relationship columnist
Josey Vogels

"I didn't want to come across as clinical, I wanted to be your girlfriend," she says. "People got a kick out of that."

The success of My Messy Bedroom launched Vogels into the columnist spotlight and in 2007 she left Hour to pursue freelancing. Today, along with My Messy Bedroom, she has two other nationally syndicated columns — Dating Girl and Metro's The J Spot. Vogels is also an accomplished author, having published five books with a sixth on the way. She credits her success to a writing style that is both frank and fun.

"My whole thing is that I always want to make it feel like an intimate conversation," says Vogels. "We're so uptight about sex. Sex is funny and we don't have to take it so seriously. The sky is not going to fall."

Vogels is also quick to point out that she treats sex and relationships equally in her writing.

"Talking about sexuality without the context of the relationships is kind of like the apple pie without the ice cream," she says. "Relationships touch all of our lives and trying to understand and negotiate them is one of our biggest challenges as human beings."

However, aside from drama of relationships, Vogels admits there are cool perks that come with the job too.

"On a practical level, how can you not love getting up in the morning and thinking about love and sex all day?" she adds. "I have an interesting bookshelf and a lot of sex toys. It blows my mind that I get to make a living out of this."

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Matters of the Heart takes leave

FEATURE Metro's Workology section and its staff have enjoyed bringing you our latest feature series, Matters of the Heart, where we delved into a world where love and careers meet.

It seemed a pleasant change from our exclusive series in January, Curtain Call — where we dug up some of the morbid jobs in the world of death — and we think we were successful in that regard.

Don't hesitate to visit Metronews.ca/work for archived content from both Matters of the Heart and Curtain Call — the only place where you can read all the articles. And don't miss our next series on Pets and the people that love to work with them.

–DOUGLAS DUNLOP, EDITOR

McMaster introduces Peace Initiative for Palestinian, Israeli student groups
A number of Muslim and Jewish student groups at McMaster University, in Hamilton, Ont., have signed onto the McMaster Peace Initiative committing to create an environment of mutual understanding and to promote peaceful co-existence. METRO NEWS SERVICES

Employers entitled to performance

WorkplaceLaw

"Never attribute to malice what can be adequately explained by stupidity."
– UNKNOWN

Sometimes employees too easily confuse who gets to call the legal shots. Believing that their job is an entitlement, some workers try to take the law into their own hands. They are often mistaken. This is the tale of one employee who learned this lesson the hard way.

Working out of the Toronto-area offices of Software developer VoiceGenie Technoligies, Crinu Iliescu quickly wore out his welcome. Hired only 15 months earlier as a Software Q.A. Manager, Iliescu had promptly gained the firm's trust — but lost it just as fast after his response to a manager's email accusing him of underperformance. Iliescu wrote his boss, the HR manager and the president with five demands he required them to meet before he would return to work, putting the company's deadline on a project in peril.

The next day Iliescu did return to work but found that his access to the computer system and security pass had been removed. He was then met with a Performance Improvement Plan, detailing the company's concerns about his behaviour and setting out its expectations from him in the future. Iliescu reacted by rejecting the performance guidelines and declaring that his return to work would occur only when his concerns were fully addressed.

VoiceGenie responded by advising Iliescu that its performance plan was not negotiable or subject to his approval and that he was to immediately return to work. When Iliescu did not, VoiceGenie concluded that he had abandoned his position and fired him. Believing that he had been wrongfully dismissed, Iliescu sued the company and its president for nearly $1 million.

At trial, Justice Randall Echlin found Iliescu had not been constructively dismissed by VoiceGenie. It was simply not open to Iliescu to reject the performance plan and provide his employer with an ultimatum that it must meet his concerns.

VoiceGenie had a "legal right to require a minimum level of performance," and instead of working with his employer, Iliescu became adversarial, thinking he was entitled to negotiate terms, wrote Justice Echlin. When Iliescu refused to work after receiving notice that his attendance was required, he effectively resigned.

Iliescu simply lost sight of who was entitled to call the shots. When this occurs, an employer may be able to treat the employee's actions as insubordination, or worse, as Iliescu learned — cause for his own dismissal.

This decision serves as a reminder that employers own their workplaces and have the right to manage them as they see fit. While employees do retain certain rights, rejecting a reasonable performance improvement plan is usually a poor option. Employees should consider the following:

- Report to work when told to do so. By absenting himself without a justifiable reason, Iliescu effectively resigned.
- You cannot reject outright a performance improvement plan. Even if such a plan is imposed in bad faith (which often does occur), you should protest and continue to work.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@canadaemploymentlawyer.com.

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Metro Drive

Greener wheels for Coke

Wouldn't you like to have your Coke with a dash of green? Now you can. Soft drink giant Coca-Cola has placed an order for 185 hybrid transport vehicles with truck manufacturer Kenworth, Canadian Driver reports. The delivery trucks are expected to hit the road this year.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Service in time saves dime

MARK ATKINSON
for Metro Canada

Apart from simple do-it-yourself checks, it's important to know and take care of those aspects of vehicles that need regular maintenance to avoid costly repairs in the future, car expert Gary Grant advises.

We've all felt the current recession's sting in one way or another, and an honest reaction would be to try and save as much money as possible by doing things ourselves rather than paying someone else. Doing basic maintenance and repairs on your vehicle can be simple. However, they have become so complicated in recent years that you can get in a lot of trouble very easily if something goes wrong.

Gary Grant, service manager at Willowdale Subaru in Toronto, and an automotive expert who currently contributes to TheGarageBlog.com and DrivenWheels.com, advises: "Do a bit of research. Read the maintenance section of the owner's manual. Understand what the manufacturer considers important. Because we live in Canada, follow the manufacturer's 'severe' service schedule," he said.

"I'm often asked, 'Can't I do that myself?' My response is usually something along the lines of, 'I don't know. I'm not sure of what skills you have.' For the most part, the basics like oil changes haven't changed in terms of difficulty. However, oil changes are more important now than ever due to tighter build tolerances in engines. Do them on time. Don't reach for the cheap filter, buy the good one. Don't miss an interval, ever."

Riding the **Recession**

"If you don't understand what the service adviser is telling you, ask for more details. Don't agree to something you don't understand or feel skeptical about."
Gary Grant, Subaru service manager

Grant said that tire rotation could be a realistic task for those with proper equipment.

CarCareCanada.ca, a website that helps consumers understand more about their own vehicles, suggests other simple tasks that you can do yourself.

First, ensure that all your lights are functioning properly, including turn signals and brake lights. These are usually very easy to replace if they're burnt out. Next, check all the fluid levels under your hood, including engine oil, windshield washer, anti-freeze/coolant and transmission fluid. Check the terminals on your vehicle's battery for corrosion, and if you find some, have your technician clean them the next time your car's in for service.

Wiper blades and the frames themselves are also very easy to change, and you can purchase replacements at any auto parts store.

CarCareCanada.ca also recommends keeping good tire pressure to ensure your vehicle performs as it's supposed to, including fuel mileage.

Preventative maintenance is also vital to keeping your vehicle in top shape, and only a drop in the bucket compared to what you might pay if something goes horribly wrong.

"There are more than a few tales of consumers buying a new engine at 50,000 km because they missed a couple of oil changes and the engine failed," Grant warned.

AutoPilot

Mike Goetz

Read at metronews.ca

Intelligent Hyundai Elantra has most drivers covered

JIL MCINTOSH
for Metro Canada

With cars, size isn't everything. When hatchbacks are thoughtfully designed, they'll hold a lot more than their small footprints would suggest. That's the case with Hyundai's newest compact version, the 2009 Elantra Touring.

This isn't just an Elantra sedan with a liftgate, as was the case with the Elantra Hatchback, last seen for 2006. It's a model known as the i30 in Europe, Australia and Asia, and while it shares the Elantra's 2.0-litre four-cylinder engine, it has a different platform.

Four trim lines range from $14,995 to $21,195, with an extra $1,200 on each to switch from five-speed manual to four-speed automatic.

At 138 horsepower, the Touring isn't the most powerful in the segment, but this isn't really a category for brute strength. It feels lively enough, even when climbing hills, and gets loud only when punched hard to get around highway traffic.

Handling is much better than expected, with nicely-weighted steering, minimal body lean in corners, small steering wheel, and smooth return from sharp curves. The ride is firm, but while you feel bumps on bad roads, the suspension doesn't crash over them.

The base L trim line comes with power windows and locks, but you must move up to the Preferred Package, at $2,250 more, to get A/C, keyless entry, heated seats, side and curtain airbags, anti-lock brakes, and active front head restraints, which help prevent whiplash.

2009 Hyundai Elantra Touring

Type: Compact hatchback
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Engine: 2.4L four-cylinder
HP: 138

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Based on 2002-2008 Fuel Consumption Guide Data published by Natural Resources Canada for the 2.3L 4 cylinder 5-speed manual transmission Ford Ranger FEL Model. ††† Estimated fuel consumption ratings based on Transport Canada approved test methods. Vehicles equipped with 5-speed manual transmission. Actual fuel efficiency may vary based on road conditions, vehicle load, certain vehicle accessories, and driving habits. ***Most 2009 Ford vehicles, excluding 2009 Model LCF, F-650 and F-750, come with a 5 year/100,000 km (whichever occurs first) Powertrain Warranty and full Roadside Assistance benefits together with a 5 year/100,000 km (whichever occurs first) Safety Restraint Warranty. In addition, on all 2009 Model F-SuperDuty vehicles equipped with the diesel engine, the Powertrain warranty is extended to 5 year/160,000 km (whichever occurs first), which equals the Diesel engine warranty. Some conditions and limitations apply. Ask your Ford of Canada dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. ▼Based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2008. Based on Ford branded vehicle sales from the manufacturers' month-end release December 2008. 51.3% of all new compact pick-up trucks sold in Canada in 2008 were Ford Rangers based on R.L. Polk Canada, Inc. vehicle registrations, January 2008 through December 2008. ▲Safety ratings based on Insurance Institute for Highway Safety (IIHS) 2009 Top Safety Picks and on the National Highway Traffic Safety Administration's (NHTSA) historical five-star crash test ratings. Government star ratings are part of the NHTSA's New Car Assessment Program (www.safercar.gov). ‡‡F-Series Super Duty Loyalty Program Bonus (the "F-Series Loyalty Bonus") and the F-Series Super Duty Conquest Vehicle Program Bonus (the "F-Series Conquest Bonus") are collectively referred to as the "Ford Tough Bonus". 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Any snails in your luggage, ma'am?
Visitors to Europe will have to comply with new import laws for animal products, with strict amounts set for everything from oysters and snails to honey, pet food and baby milk powder, the EU executive has said. **REUTERS**

Travel

Don't knock Vegas

Las Vegas casino legend Sheldon Adelson has launched a quest for America's most boring city in a comeback to President Barack Obama's criticism of bankers who hold meetings in the famous gaming capital. Obama last month warned companies that get bailout cash against spending it on activities potentially seen as perks — sparking a row with hotel and resort operators who say they are already struggling to fill rooms. **REUTERS**

TRAVELDESK@METRONEWS.CA

Caye Caulker's laid-back lifestyle

Belize backpacker haven is quite content to fly under the radar

DAVID WHITLEY
for Metro Canada

As the sun slowly crawls down the skyline, the cares of the world are far away. At a table almost enveloped in water, a group sits in their swimwear, knocking back beers number eight and nine.

They're cheering on the guys by the diving board, who are attempting ever more ambitious plunges into the fast-flowing channel that divides the two halves of the island.

The crowd gathered at the Lazy Lizard bar are a clue to what Caye Caulker offers. Off the coast of Belize and situated next to the world's second biggest barrier reef, it has become something of a secret backpacker hotspot.

Caye Caulker doesn't have any beach worth speaking of, and this is arguably what helps it to retain its character. The resorts are never going to take over in the same way that they have on Ambergris Caye further north purely because the masses have no sandy stretches to lie on.

It's an island of bright clapboard guesthouses, an anything goes attitude and a slow, shuffling pace. Within minutes of arriving, hectic hurrying is reduced to a contented shamble along the colourful main drag, and two-for-one daiquiris before lunch seem mighty tempting.

It's a seriously relaxed place. Everything works on island time, happy hours last "until everyone is happy," and any sartorial advance on shorts and flip-flops is completely overdressed.

Many visitors to Caye Caulker are lured by diving or snorkelling trips with rays and manatees, but stay because of the vibe. It's the sort of place that sucks people in.

Many will come for two days, extend for a couple more and before they know it, they've not seen their family for 12 years.

Hence, the ranks of those that live on Caye Caulker are multinational. Boat skippers from Nicaragua, crew from Canada, dive shop managers from the UK and grocery store owners from China are common.

It's a place where the party is never planned, but one could break out at any time. A quiet bar can morph into a sin-packed reggae club in which some of the dirtiest bumping and grinding imaginable takes place.

And then the next morning, one of those dancers may well turn out to be the captain of the reef trip boat. Turning up 40 minutes late for the tour with a pounding head, then throwing a series of empty beer bottles off his rainbow-coloured vessel before departure is absolutely par for the course.

But if you finally do get out into the Hol Chan Marine Reserve, it's a wonderful playground. It becomes something of an aquatic highlights reel. Alongside the manatees and rays are sharks (not the man-eating variety), eels, barracudas and turtles. Throw in brain coral and thousands of brightly coloured fish, and snorkelers are pretty much guaranteed to hit the jackpot.

Despite this, the reef is just a pleasant bonus for those that kick back on Caye Caulker.

If there's one place that perfectly captures the island's ridiculously laid-back vibe, it's Jolly Roger's Grill. To call it a restaurant would be going a little bit far — it's just one man and his oil can barbecue, with a few tables scattered by the beach. There are generally only two or three menu options, and the dishes come served in polystyrene boxes.

Doesn't sound all that promising, does it? But the old adage of never trusting a skinny chef comes into play here. Roger is enormous, and as jolly as the name of the restaurant suggests.

He also makes the best snapper in garlic sauce you'll ever taste, and routinely grills lobsters for virtually nothing, as if they were common-or-garden chicken fillets from a budget supermarket.

Nothing fazes him — if 20 people turn up at once, he just dishes out free rum punches while he cooks, and sends a friend down to what passes for a supermarket in order to get some hot sauce.

He's Caye Caulker through and through — a drink, a smile and a "no problem" is the cure for all ills.

SHERI BIGELOW

A view of the waterfront in Caye Caulker. Because the destination doesn't have the same kind of sandy stretches as Ambergris Caye to the north, resorts haven't taken over.

DAVID WHITLEY/FOR METRO CANADA

Drinking at the table in the pool at the Lazy Lizard.

Caye Caulker

- There are no direct flights to Belize City from Canada — flights with American Airlines, aa.com, from major hubs generally involve a change in Miami.
- From Belize City, it's necessary to get a ferry to Caye Caulker. Geckos Adventures, geckosadventures.com, has a 10-day tour between Cancun, Mexico and Antigua, Guatemala, which stops off at Caye Caulker for two nights.
- Visit gocayecaulker.com.

DAVID WHITLEY/ FOR METRO CAANDA

All prices per person, one way and are subject to availability. Check website for terms and conditions. Prices correct at time of going to press. E&OE.

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Er, what did you say?

The travel website VirtualTourist.com has come up with a list of the World's Top 10 Most Misprounounced Places, and lists Phuket, Thailand at No. 1. Since advice on the correct pronounciation can vary, the site says "Pu-get" is the safest option. **REUTERS**

Sussing out Kiev's hippest highlights

The**Travel**Junkie

Dubbed "the mother of Slavic cities," the Ukrainian capital of Kiev is a growing destination for international tourists. This former Soviet hub is not only rich in history, architecture and tradition — it's a cosmopolitan city of trendy cafes, cool hangouts and stylish nightclubs.

Where to stay: For modern accommodations with all the comforts of home, the Hyatt Regency Kiev is the best choice. Located in the heart of the city, the hotel is within walking distance of some of the top tourist attractions, including St. Sophia's Cathedral and St. Michael's Monastery. In a country where very little English is spoken and taxi drivers are keen to scam foreigners, it sure is helpful to have bilingual concierges on hand.

Where to shop: The main strip of Khreshchatyk has everything from Puma to Nike, Mango to Zara and Soviet-era department stores to Louis Vuitton and Gucci. On weekends they close the strip to cars, making retail therapy all the more pedestrian friendly.

Where to buy Communist-era kitsch: Strolling along the winding cobblestone streets in front of St. Andrew's Baroque cathedral, you'll find a whack of kitschy communist souvenirs such as gas masks, Lenin T-shirts, Russian wooden dolls, Stalin shot glasses and Ukrainian crafts. Just a few steps away you'll find the heart of the Ukrainian art community. On summer afternoons, sidewalks are lined with original artworks.

Where to eat: Koureni, one of the oldest restaurants in Kiev, serves up traditional Ukrainian cuisine in a quaint garden setting. Overlooking the Dnieper River, Koureni has a killer view of the city and some of the tastiest pancakes with caviar.

If you're craving international cuisine try Avalon, a seafood restaurant with an underwater, mermaid-inspired decor, or Nobu, a venue known for its sushi, sashimi and other Japanese dishes.

NATALIA BRATSLAVSKY

A view over Kiev from the Vidubichi monastery.

Where to party: Buddha Bar is relatively new to the Kiev club scene. Following in the footsteps of Buddha Bars in Paris and New York City, Buddha Bar Kiev is a dinner club with pan-Asian cuisine and a reputation for glamour. While VIPs groove to deep house, could-be-models scan for rich future husbands. Partiers move from the restaurant's iconic gold Buddha statue to the lounge for martinis. It's a space of pretty people with mood lighting so dark you can barely see your edamame appetizer.

Where to hang: Many young Ukrainians choose to hang and sip local brew in the famous Independence Square. Home of Ukraine's Orange Revolution, it's both a historic square and popular spot for a cheap and cheerful night out.

Drinking openly in the streets is common, so many spend their summer evenings relaxing on the steps near the Globus Shopping Centre, cracking open a beer and people watching.

Julia Dimon is co-host of Word Travels, airing Sundays at 8:30 p.m. on OLN; juliadimon.com.

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Young, hip Lisbon hostels

Squeaky clean, elegant and well-located, a young crop of Lisbon hostels is reinventing the concept of a backpacker's inn, luring guests of all ages in these difficult times and sweeping the industry's own Oscars.

Dublin-based hostelworld.com recently named Portugal's capital the top location for hostels in the world in its Hostelworld Customer Annual Ratings, or Hoscars. Three Lisbon establishments were picked as No. 1 through No. 3 among 20,000 properties worldwide, and a fourth ranked in the top 10.

The ratings are based on some 800,000 travellers' reviews.

"There has been an explosion of hostels in Lisbon for the past year and a half and the quality of the hostels has been extraordinary," said Aisling White, marketing manager with Web Reservations International, Hostelworld's parent company.

"They really lead the way in an ongoing change of the image and standard of a hostel," White said.

Located in Lisbon's tourist-crammed down town Baixa area, they are not far from the Tagus River and surrounded by historic monuments and dozens of typical pastry shops. These hostels are worlds away from the dirt-cheap, and often grimy student hostels dotting the dodgy outskirts of many European cities.

Cosy, brightly decorated chill out rooms with flat TV screens and free Internet would make many boutique hotels envious. Bathrooms are impeccably clean and dorms with bunk beds are far from barracks-ugly.

Dorms for up to eight people and a common bathroom are still typical of a hostel, although many also feature double rooms, making them more attractive for couples seeking some privacy.

During the global crisis, hostels become an attractive alternative, with a bed and breakfast to the tune of 18 euros, while a hotel room in the same part of town would top 70 euros.

"We can't complain about a lack of bookings, especially for double rooms. We are not really feeling the crisis, it's same as a year ago," said Valter Pratas, 31-year-old painter turned co-owner of the Lisbon Lounge Hostel — the first private hostel in the city, opened five years ago and ranked No. 3 now.

"There has been an explosion of hostels in Lisbon for the past year and a half."
Aisling White, Web Reservations International

"We now quite regularly receive small families or couples that, say, last time visited Lisbon and stayed in a hotel, but now have a little less money," he said.

Added White: "With the credit crunch, people are loathe to give up holidays so are choosing to do them a bit cheaper ... Due to the high standard of hostels in Lisbon it may prove to be hugely popular among people of all ages." REUTERS

Plague-era jewels go on display

LONDON A hoard of jewels and coins, probably hidden by Jews fearing reprisals when the Black Death plague sweeping Europe was blamed on them, has gone on display in Britain for the first time.

The collection, including a delicate 14th century wedding ring, intricately decorated cups and dazzling jewels, was unearthed in Erfurt, Germany, in 1998, close to the town's 11th century synagogue.

Although historians cannot be sure, they suspect that the treasures were concealed in or around 1349 by Jewish families expecting to return and collect them later. But whether because they were forced to flee, died in the plague or were among around 1,000 people killed in a pogrom in Erfurt in March that year, the items were left undisturbed for 650 years until excavations for a block of flats revealed them.

Some of the most precious pieces from the collection are on display until May 10 at London's Wallace Collection alongside items from a second hoard found in France in 1863. REUTERS

Viktor & Rolf's new luggage for Samsonite Black Label.

Viktor and Rolf aim to revive 'happy travel'

STYLE Quirky Dutch fashion label Viktor & Rolf has just designed a range of luxury luggage for Samsonite Black Label. The playful and extravagant collection is inspired by the theme of "happy travel" and plays up the duo's reputation for the surreal and theatrical.

"Over the years, travel has become so difficult," Viktor Horsting explains. "We wanted to recapture a more childlike feeling of travel."

The provocative luggage range features bows, patent trims and purse clasps, all in hues of black, midnight blue and scarlet. METRO WORLD NEWS

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Road to Recovery

Law & Order: SVU's Mariska Hargitay is on the road to recovery, and will likely be solving on-screen crimes again soon. Hargitay was hospitalized for the third time last week for discomfort related to a collapsed lung, which she suffered in January. **TVGUIDE.COM**

Entertainment

New Moon

Kristen Stewart thinks New Moon will be "bigger and better" than Twilight. The actress is about to reprise her role as Bella Swan in the second installment of the vampire franchise. **FEMALEFIRST.CO.UK**

EDITOR: DEAN.LISK@METRONEWS.CA

Cure for crisis

Fantasy films offer escape from reality

CHRIS ALEXANDER
for Metro Canada

Last week saw the release of Zack Snyder's Watchmen, a mammoth, morally dubious superhero saga whose dramatic arc rests on questions of sacrificing mankind in order to save it.

And now we have cult filmmaker Alex Proyas' blockbuster science fiction thriller Knowing — out next Friday — a picture that veers into apocalyptic dread and alien paranoia but in its subtext, is really offering a shocking solution to our planet's myriad of cultural, economical and environmental problems.

It's a classic case of using fantasy to cloak sophisticated musings on reality.

Since cinema started, periods of social, political and, yes, financial stress have caused some of the most profound and thoughtful genre movies to come crawling out of the ether, offering both glossy escape from reality and hard stares directly into it.

"No matter how strange events can get, it's always about the humanity. Sometimes you really have to look deeply for it, but it's always there, driving the story."
Knowing director Alex Proyas

This was true in the 1920s in Germany, when the battered post-First World War youth culture gave birth to the nightmarish films of the expressionist movement, which led to the Great Depression sparked advent of earthy, gothic horror films in the U.S.

The 1950s saw a McCarthy paranoia fuelled populace wither under an onslaught of allegorical alien invasion thrillers, while in the early 1970s, as the news spat out violent images of Vietnam, people gravitated toward mind-bending techno-shockers that showed mankind at its morally lowest.

Rose Byrne, left, and Nicolas Cage star in a scene from Knowing, which opens in theatres next Friday.

Movie **feature**

And now, as North America struggles to dig itself out from under a seemingly unyielding economic crisis and with the war in Iraq and Afghanistan continuing to rack up casualties, multiplexes are being besieged by a new wave of anxious, dark and ultimately fascinating films, pictures that offer a bleak world view coupled with elements of the supernatural and metaphysical.

"What I've always liked about the fantasy, horror and science fiction genres is that it heightens the background noise of the characters," says Proyas — who also directed Dark City and The Crow — about the genre he chiefly toils in.

"It gives people them an extreme version of the real world to see how people react in it. But no matter how strange events can get, it's always about the humanity. Sometimes you really have to look deeply for it, but it's always there, driving the story."

Film is, and always will be a mirror and though the heavy shadow of recession looms large, some comfort lies in the promise that because of this, Hollywood might continue releasing lavish entertainments that actually challenge and confront us.

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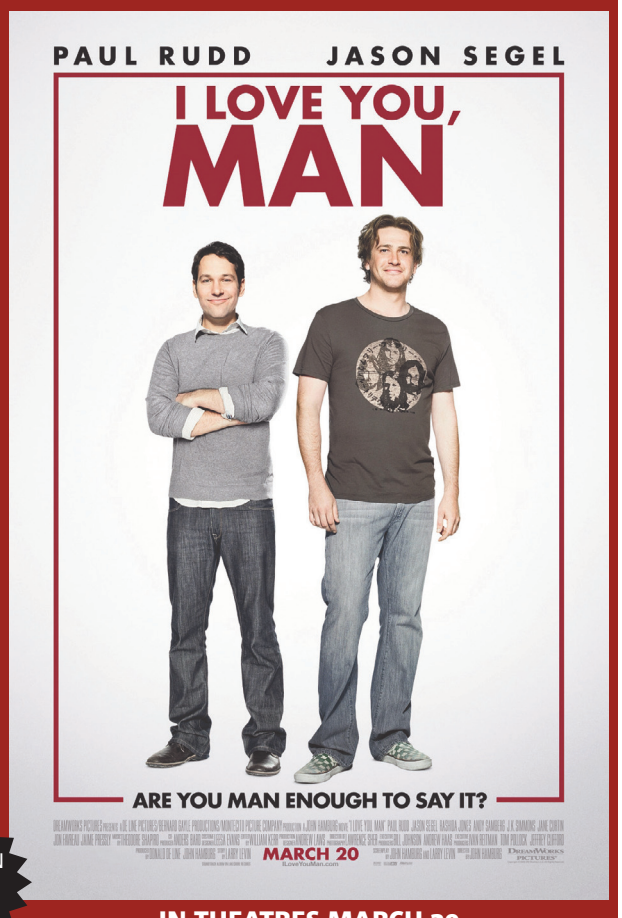

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Bollywood tale of orphan puts spotlight on Kashmir

A new Bollywood film set in Indian Kashmir depicts life in the troubled region through the eyes of a teenage boy whose parents are killed by separatist militants.

The film's makers say the 14-year-old hero of Sikandar becomes a pawn in a game played out between militants, the army, politicians and clerics in the Himalayan region.

"My main concern in Kashmir is the children, the next generation, and that is why I wrote this story," director Piyush Jha told Reuters in an interview.

"My main concern in Kashmir is the children, the next generation, and that is why I wrote this story."
Director Piyush Jha

Bollywood's offerings on Kashmir have generally been populist, patriotic fare which cast neighboring Pakistan and menacing Muslim militants as villains, and the Indian security forces as heroes.

In contrast, Sikandar is a thriller that weaves in the insurgency and relations between Hindus and Muslims in the Himalayan region.

Officials say more than 47,000 people have been killed in Kashmir since discontent against New Delhi's rule turned into a full-blown rebellion in 1989. Separatists put the toll at 100,000.

But overall violence involving Indian troops and separatist guerrillas declined significantly across Kashmir since India and Pakistan began a slow-moving peace process in 2004, which was paused by India after last November's Mumbai attacks.

Jha said audiences across India needed to be made aware of the problems plaguing the Himalayan region.

"As a filmmaker I cannot offer a solution," Jha said. "What I want is for the audience to think about this very serious issue."

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Anna the alien
ABC's V reboot has found its alien leader, and her face is familiar to sci-fi fans. Morena Baccarin — Firefly's Inara and Stargate SG-1's Adria — has landed the lead role of Anna, says the Hollywood Reporter. TVGUIDE.COM

Gimmick's up for Jason

RAFAEL BRUSILOW
for Metro Canada

Gimmicky challenges and his own gimmicky designs finally brought Hamilton designer Jason Meyers' journey to a halt on last night's episode of Project Runway Canada.

Last night's unusual material of choice was Post-It notes and designers were challenged to use the sticky paper strips to create a dress for a breast cancer survivor.

Meyers, 31, used fluorescent yellow and pink Post-Its to create an enormous gown that judges called "a train wreck" and he was sent home.

He says doing the show was a great learning experience that forced him to think differently and gave him a chance to share ideas with like-minded individuals.

"It was definitely a growing experience as a designer for me. I developed more and it was cool to see different techniques and styles from the other designers," Meyers said.

Iman and the other judges frequently referred to Meyers as a "gimmicky" designer, but he insists he just did his best with challenges that were innately strange, like using old wedding dresses for fabric or making a gown out of Post-It notes.

Designer Jason Meyers was sent home last night.

"The challenges I found were gimmicky themselves, so I kind of just went for it," Meyers said.

Tasked with creating a camouflage dress in week one, Meyers built a dress with a tail that could be pulled over the model's head to hide her. In another week, Meyers sewed in thumb fasteners across the surface of a dress to let it go from day to evening by having the model clip parts of it up or down.

He admits time and budget constraints were the biggest challenge on the show and he's proud of having made it as far as he did.

"We only had one zipper and $100 to buy fabric — that was really hard. I didn't give up and tried to work through it as best as I could," Meyers said.

"I just tried to do my own thing. I wouldn't sabotage anybody because we're all designers, we're all there for the same reason."
Jason Meyers

Meyers is proudest to have won week two's challenge, when Canadian actress Elisha Cuthbert picked his classic, black Hollywood dress for herself to wear, calling it "beautifully made."

Unlike some of the designers who engaged in back-biting drama on the show, Meyers says his goal was always to be a neutral force and focus on his own work. "I just tried to do my own thing. I wouldn't sabotage anybody because we're all designers, we're all there for the same reason," Meyers said.

When to watch

- Project Runway Canada airs on Tuesday nights on Global.

GlobalStyle

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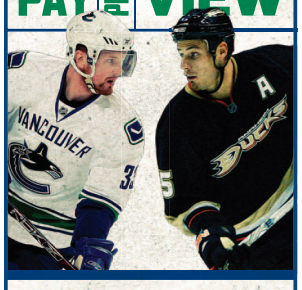

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	255	358	6 JOY	E! News	The Insider	Knight Rider (CC)		Party Monsters: Cabo (CC)		Mariah Carey: THS		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Criminal Minds "Demonology"		American Idol (CC)		CSI: NY "Green Piece" (N)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Stargate SG-1		Third Watch "After Hours"		Scrubs (CC)	Buddhism	New Day
	252	336	11 GTV	Entertainment	ET Canada	Lie to Me "Do No Harm" (N)		Bones (N) (PA) (CC)		(:02) Life on Mars (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	America's Next Top Model (N)		Lost "LaFleur" (CC)		Law & Order: Criminal Intent		News (CC)
	253	359	13 CITY	Law & Order: SVU		The Chopping Block (CC)		Nip/Tuck (CC)		Murdoch Mysteries (N)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	America's Next Top Model (N)		90210 "By Accident" (CC)		Seinfeld	Seinfeld	Frasier (CC)
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	287	379	16 NBC	Evening Mag.	Inside Edition	The Chopping Block (CC)		Life "Shelf Life" (N) (CC)		Law & Order: Criminal Intent		News (N)
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	291	383	27 PBS	Steves Europe	(:40) Rick Steves' Europe		Steves Europe	Rick Steves' Iran Rick Steves travels to Iran.			Steves Europe	Great Scenic
	290	382	28 FOX	Two/Half Men	Two/Half Men	Lie to Me "Do No Harm" (N)		American Idol (CC)		News (N) (CC)		Family Guy
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	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (N)		90210 "By Accident" (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Bring Wall St	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Tropic of Capricorn (CC)		CBC News: The National (N)		CBC News: The National		Tropic of Capricorn (CC)		National
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sports	407	419	22 RSP	Baseball World Classic -- Teams TBA. From Mexico City. (Live)						Sportsnet Connected		Sportsnet
	400	400	30 TSN	(6:30) Curling Tim Hortons Brier -- Draw 14. (Live) (CC)					SportsCentre	Billiards 2008 Mosconi Cup.		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Drag Race	Wrecked	Pimp My Ride	Pass Time	Pinks Out	Pinks Out	Pinks	Drag Race	Drag Race
	416	409	144 GLF	(6:00) Fútbol Amistoso		Gol TV News		Art of Football	Art of Football	Paid Program	Gol TV News	Gol TV News
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	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Great Northern Wilderness		Man Made Marvels (N) (CC)		Bach in Notre Dame Bach's Mass in B Minor. (CC)				Montreal Jazz
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	600	564	29 H&G	Hid Potential	Really Big Flip	Holmes on Homes (CC)		Property	Unsellable	Mansions	Property Shop	Hid Potential
	615	520	31 A&E	Bounty Hunter	Exterminators	Exterminators	Exterminators	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter (CC)		Bounty Hunter
	628	584	32 SPKE	(6:00) UFC Fight Night		CSI: Crime Scene Invstgtn.		CSI: NY (CC)		Disorderly Conduct: Video		Videos
	521	560	34 TLC	Mystery Diagnosis (CC)		My Shocking Story (CC)		I Eat 33,000 Calories a Day		Mystery Diagnosis (CC)		Untold Stories
	616	522	39 SHO	The Outer Limits "Free Spirit"		Cashing In	About a Girl	The Guard "The Beacon"		Big Love "The Happiest Girl"		House (CC)
	620	523	40 BVO	Opera	Broadway	Law & Order "Suicide Box"		Without a Trace "911" (CC)		The Music of Chance ★★ (1993) (CC)		
	601	562	41 SLC	Kimora: Fab	Kardashians	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	Mayday "Desperate Escape"		Daily Planet (CC)		MythBusters (CC)		Austin Stevens Adventures		Mayday
	522	506	44 HIS	NCIS "Missing" (CC)		Outlaw Bikers "Hells Angels"		Ice Road Truckers (CC)		NCIS "Missing" (CC)		Sea Hunters
	627	528	45 SPC	Stormworld	Watchmen	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	House-Payne	House-Payne	Seinfeld	Sex and-City	Sex and-City	The Last Boy Scout ★★★ (1991) (PA) Bruce Willis. (CC)			
	619	525	48 TROP	Reality	Ad Persuasion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Ultimate Recipe Showdown		Restaurant Makeover (CC)		Challenge Pizza acrobats.		Iron Chef America		Ult. Recipe
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Jon Dore	Martin	Daily Show
	320	621	60 CEN	(6:30) Citizen Duane ★ (2006)		Mister Lonely ★★ (2007) Diego Luna. Premiere. (CC)				Outpost (2008, Action) Ray Stevenson. (CC)		
	581	566	101 MTV	The Real World "Brooklyn"		MTV Live	After	From G's to Gents (CC)		The Real World "Brooklyn"		MTV Live
	261	394	102 V	Driven-Vision	Supernatural	Poltergeist: The Legacy		It Runs in the Family ★★ (1994) Charles Grodin. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Travel TV	Patrol World

critics' corner

The Chopping Block
Two teams of eight compete in culinary challenges for a shot at the grand prize: a chance to open their own restaurant. The first competition pits them against each other to create a menu for host Marco Pierre White to judge by the end of the day. After less than 48 hours, the contestants must open their restaurants for service, to be evaluated by a top food critic from Atlantic magazine. 8 PM on NBC

Life
Crews and Stark (Damian Lewis, Brent Sexton) are drawn into the world of extreme corporate power while investigating the stabbing death of a soldier killed while on leave in Los Angeles. Meanwhile, Crews makes a startling discovery, thanks to Amanda Puryer (Helen McCrory, aka Mrs. Damian Lewis), who was the late Mickey Rayborn's security specialist. Sarah Shahi also stars in the new episode "Shelf Life." 9 PM on NBC

Heche divorce battle ends

On Wednesday, Anne Heche's two-year divorce battle with Coley Laffoon came to an end. Although they reached a settlement last June, it took another nine months to hammer out custody details and the split of their assets, reports people.com. METRO NEWS SERVICES

Celebrity Buzz

Rihanna & Brown recording a duet?

MUSIC Rihanna and Chris Brown are recording a duet, femalefirst.co.uk reports.

The couple — who have reconciled after Brown allegedly assaulted Rihanna in his rented Lamborghini car last month — are said to be working on a song for Brown's new album, which is due out later this year.

A source said: "They've been working on it together."

The pair is believed to be recording with producer Polow Da Don — who wrote the Pussycat Dolls hit Buttons — in a Santa Monica studio. Neither Brown nor Rihanna's representatives have commented on the claims.

Last week, Chris was charged with two felonies ' assault and making criminal threats — in relation to the alleged attack on Rihanna. He is yet to enter a plea, but if convicted he faces a maximum of four years eight months in prison.

It has been claimed the 19-year-old singer may want to organize a plea deal in an effort to get the charges scaled down to a misdemeanour, which would mean he would not face jail.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Miley's health condition

HEALTH Miley Cyrus has a condition called tachycardia, which causes her heart rate to speed up, she reveals in her new autobiography, Miles to Go, usmagazine.com reports.

"The type of tachycardia I have isn't dangerous. It won't hurt me, but it does bother me," she writes. "There is never a time onstage when I'm not thinking about my heart."

Cyrus also dedicates a chapter to her "Prince Charming," who appears to be ex Nick Jonas. "Wow! I was so in love," she says.

After they split, she penned 7 Things I Hate About You. "I wanted to punish him, to get back at him for hurting me... But I'm not a hater."

METRO NEWS SERVICES

Richie unsure about marriage

RELATIONSHIP Nicole Richie is unsure whether she will marry Joel Madden, femalefirst.co.uk reports.

The 27-year-old star — who has 14-month old daughter Harlow with Joel, and is currently expecting her second child with him — is content with her relationship and refuses to plan too far ahead.

"I don't know about the future. I make it a custom not to plan the future. I may plan to and I may not," she said.

Despite having no plans to walk down the aisle in the near future, Nicole is totally committed to Joel.

Asked to name the Good Charlotte rocker's three best qualities, she replied: "Good father! Talented musician! Good personality!"

METRO NEWS SERVICES

Octuplets set to go home soon

PEOPLE As they grow stronger in the hospital, Nadya Suleman's octuplets are getting closer to coming home to a larger, recently purchased house — where it looks like they'll have a free fleet of skilled nurses, people.com reports.

METRO NEWS SERVICE

Barton's blunt blog

RELATIONSHIP Mischa Barton took to her blog yesterday to clear the air about her recent split with musician beau, Luke Pritchard, popeater.com reports. Although she says the two will remain friends, Barton wrote that "the bad just started to outweigh the good and a long distance relationship is never an easy thing to do."

METRO NEWS SERVICES

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Today Sunny 4° / -3°
Thursday Partly cloudy 6° / 0°
Friday Showers 90% 7° / 4°

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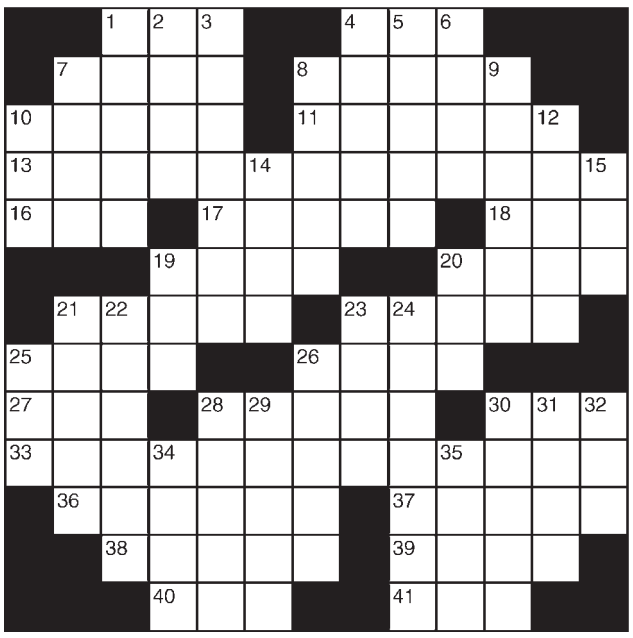

Crossword across

1 Ruin the veneer
4 Turf
7 Asian desert
8 Garden intruder
10 "Peer Gynt" composer
11 Go ashore
13 Where the Tar River flows
16 Hawaiian musicmaker
17 Rock opera by The Who
18 Encyclopedia bk.
19 Courts
20 Bigfoot's cousin
21 Metallic noise
23 Senses
25 Unyielding
26 Minimal change
27 Two, in Tijuana
28 Dieter's entree
30 "Gee, ya think?"
33 Neil Diamond classic
36 Checked cotton fabric
37 Like Chicago, it's said
38 Mah-jongg pieces
39 Therefore
40 Roulette bet
41 Rotation duration

Crossword down

1 Ripple pattern
2 Help a prankster
3 "You betcha!"
4 Whale variety
5 "Wow!"
6 Use an old phone
7 Understand, in sci-fi lingo
8 Washington's successor
9 Nonsense
10 Wildebeest
12 Entanglements
14 Diner employee
15 Foreman foe
19 Pale
20 Still
21 Throng
22 Go postal
23 Phobia
24 Provided an income for
25 Egos' counterparts
26 Sculpting mediums
28 Subway entrance
29 Played a part
30 Unclean
31 Destroy
32 "Yo!"
34 Eastern potentate
35 Old Italian money

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9	6						2	1
		5	9			3		
4			2		6			
1				7		2	9	
				6				
	8	7		9				5
			3		8			4
		4			5	6		
3	5						1	7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	I	E	R		R	F	D		E	W	E	S		
L	O	P	E		O	L	E		M	O	T	E		
O	T	I	C		B	A	C	K	B	O	N	E		
B	A	C	K	L	O	G		R	A	D	A	R		
			O	U	T		F	O	R					
S	L	A	N	G		B	A	C	K	B	I	T		
O	E	R			T	E	X			A	S	H		
B	A	C	K	H	O	E		T	U	M	M	Y		
			H	A	Y		L	I	P					
A	B	E	A	R		B	A	C	K	L	I	T		
B	A	C	K	D	R	O	P		E	U	R	O		
E	L	H	I		E	R	A		E	N	I	D		
D	I	O	S		F	E	Z		P	E	S	O		

1	8	5	9	2	3	4	7	6
7	2	9	6	4	5	3	1	8
6	3	4	1	7	8	2	9	5
3	4	8	5	1	9	7	6	2
2	9	6	4	8	7	1	5	3
5	7	1	2	3	6	9	8	4
9	6	7	3	5	2	8	4	1
8	1	2	7	6	4	5	3	9
4	5	3	8	9	1	6	2	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spring Salmon and Asparagus

INGREDIENTS:
4 skinless salmon fillets, about 5 oz (140 g) each
7 oz (200 g) leeks
1/2 lb (250 g) tender asparagus spears
5 oz (150 g) sugar-snap peas
4 tbsp (60 ml) dry white wine
3/4 cup (175 ml) fish or vegetable stock
2 tbsp (25 ml) butter, diced
Salt and fresh-ground black pepper
1 tbsp (15 ml) snipped fresh chives

METHOD:
1. Run fingertips over salmon to check for stray bones, pulling out any that remain between flakes of fish. Arrange leeks in single layer in bottom of large, shallow flameproof casserole. Lay pieces of salmon on top. Surround fish with asparagus and sugar-snap peas. Pour in wine and stock, and dot butter over fish. Season with salt and pepper to taste.
2. Bring to boil, then cover casserole with tight-fitting lid and reduce heat so liquid simmers gently. Simmer fish and vegetables until salmon is pale pink all through and vegetables are fork-tender, 12 to 14 minutes. Sprinkle chives over the salmon.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You're like an acrobat with no safety net. Make a comedy of a bad situation. It's not a good time to clean your closets.

TAURUS
APRIL 21-MAY 21
Your charm gets in the way of facing problems. Take care of pressing business. Make progress toward forgiveness.

GEMINI
MAY 22-JUNE 21
Don't bet on getting an inheritance. Take the initiative in making a fresh start. A secret meeting will clarify needs and desires.

CANCER
JUNE 22-JULY 22
A smart remark causes a volatile situation. Look for closure in a failed endeavor. There's sorrow behind a sudden departure.

LEO
JULY 23-AUG 23
A slender person is telling the truth. A woman will be open to a wonderful possibility. An attractive stranger wants to start a family.

VIRGO
AUG 24-SEPT 22
A sweetheart has been through some bad weather. Walk down Memory Lane with a serious person. Don't accept less than you deserve.

LIBRA
SEPT 23-OCT 23
A sleazy guy should be avoided. A loathsome monster lashes out at incompetence. You hold the future in your hands.

SCORPIO
OCT 24-NOV 22
An anguished person will listen carefully. An accomplice reminds you to make a call. The rumour mill is rife with speculation.

SAGITTARIUS
NOV 23-DEC 21
Be creative when wishing for success. Your best friend is a lucky charm. A significant caller gives you some practical support.

CAPRICORN
DEC 22-JAN 20
Be patient with a delicate friendship. Your situation is about to improve drastically. Don't be sarcastic when acting as a matchmaker.

AQUARIUS
JAN 21-FEB 18
Don't leave a friend alone in the dark. A therapeutic investment will pay off. Carefully monitor a reckless attitude.

PISCES
FEB 19-MARCH 20
A fallen colleague's questions must be answered. A lonely person helps you learn to stop clinging. Check with a friend you haven't heard from lately.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. NFL replay speed of a TV trailer (2)
2. Lion group got going fast (1)
3. Pilfered a hockey scoring cage (1)
4. Ship level's dandruff bits (1)
5. Wrestler Hulk's catchphrases (2)
6. Yearly car owner's reference book (3)
7. Without talons Xena player Lucy (2)

ANSWERS
1. SLO-MO PROMO 2. PRIDE HIED 3. STOLE GOAL 4. DECKS FLECKS 5. HOGANS SLOGANS 6. ANNUAL MANUAL 7. CLAWLESS LAWLESS

3-11-09

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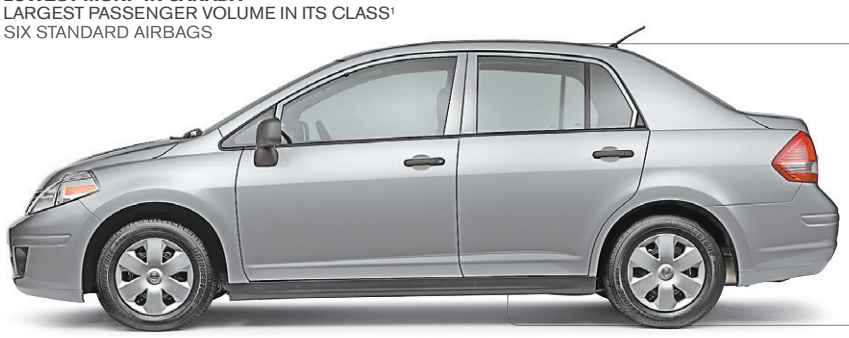

90 DAYS NO PAYMENT†

MSRP
$13,823** FREIGHT AND PDE INCLUDED

LEASE FOR
$189‡ PER MONTH FOR 60 MONTHS
INCLUDES FREIGHT AND PDE

LEASE RATE 5.9%
$0 SECURITY DEPOSIT
$950 DOWN PAYMENT
$12,314 TOTAL LEASE OBLIGATION

CITY: 7.7L/100KM (37 MPG)
HWY: 5.8L/100KM (49 MPG)▲

MORE 2009 VERSA HATCH

LARGEST PASSENGER VOLUME IN ITS CLASS[1]
HIGHEST HORSEPOWER IN ITS CLASS[1]
SIX STANDARD AIRBAGS

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1.8 SL MODEL SHOWN▲▲

LEASE FOR
$189‡ PER MONTH FOR 60 MONTHS
INCLUDES FREIGHT AND PDE

LEASE RATE 2.9%
$0 SECURITY DEPOSIT
$895 DOWN PAYMENT
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MSRP
$16,323** FREIGHT AND PDE INCLUDED
2.0 SL MODEL SHOWN▲▲

LEASE FOR
$189‡ PER MONTH FOR 60 MONTHS
INCLUDES FREIGHT AND PDE

LEASE RATE 3.9%
$0 SECURITY DEPOSIT
$1,050 DOWN PAYMENT
$12,393 TOTAL LEASE OBLIGATION

CITY: 8.4L/100KM (34 MPG)
HWY: 6.4L/100KM (44 MPG)▲

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[1]Only on the 2009 Versa Sedan 1.6 (B4EG59 AA00), 2009 Versa Hatch 1.8 S (B5LG59 AA00), and 2009 Sentra 2.0 (C4LG59 AA00) models. **MSRP for a 2009 Versa Sedan 1.6 (B4EG59 AA00), manual transmission/ 2009 Versa Hatch 1.8 S (B5LG59 AA00), manual transmission/ 2009 Sentra 2.0 (C4LG59 AA00), manual transmission. ¥Lowest MSRP of any new 2009 Car sold in Canada. $13,823 MSRP for a 2009 Versa Sedan 1.6 S (B4EG59 AA00). Includes freight and PDE charges ($1,325). License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. †Program applies only to purchase finance offers on all 2009 Nissan models (except for the 2009 Nissan GT-R, 350Z and 370Z models) purchased and delivered before March 31st, 2009. Offers available only through Nissan Canada Finance on approved credit. Offer does not apply to Nissan Canada Finance standard rate programs. Delayed payment option not available on cash purchase offers. 1st monthly payment occurs at 90 days into finance contract. Contracts will be extended accordingly. Interest charge (if any) will not accrue during the first 60 days of the contract. After the 60 days, interest (if any) starts to accrue and the purchaser will repay the principal and interest (if any) monthly over the term of the contract. Offer available on terms up to 72 months. ††0% purchase financing for up to 36 months available only on all 2009 Versa Hatch, Sentra, Altima Sedan, Rogue and Titan models. Finance Example for a 2009 Versa Hatch 1.8 S (B5LG59 AA00): $15,323 Selling Price, including ($1,325) freight and PDE financed at 0% APR for 36 months equals $286.75 per month with $5,000 down payment. Cost of borrowing is $0 for a total obligation of $15,323. Up to $84 PPSA, license, insurance registration and taxes are extra. ‡Lease Examples: $13,823/ $15,323/ $15,573 Selling Price for a new 2009 Versa Sedan 1.6 (B4EG59 AA00)/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00)/ 2009 Sentra 2.0 (C4LG59 AA00) at 5.9%/ 2.9%/ 3.9% lease rate for a 60/60/60 month term. Monthly payment is $189/ $189/ $189 including (1,325)/ ($1,325)/ ($1,325) freight and PDE with $950/ $895/ $1,050 down payment, and $0/ $0/ $0 security deposit. License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $12,314/ $12,216.31/ $12,392.74. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Retailer order/ trade may be necessary. Vehicles may require factory order. Offers valid between March 3rd to March 31st, 2009. ■Offer applies only to 2009 Versa Hatchback models on 36 to 60 month lease terms. Offer valid between March 3rd to March 31st, 2009. ▲Based on Transport Canada approved test methods. Your actual fuel consumption may vary with driving conditions - use for comparison only. ▲▲$18,223 Selling Price for a 2009 Versa Hatch 1.8 SL (B5RG59 AA00/AA10), manual transmission/ $23,923 Selling Price for a 2009 Sentra 2.0 SL (C4TG19 AA00), CVT transmission. Includes freight and PDE charges ($1,325)/ ($1,325). License, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice cannot be combined with any other offers. Retailer may sell for less. [1]WardsAuto.com's Lower Small segment, 2008. 2009 Versa 1.8 vs. 2008 competitors. [2]©2008 AutoPacific, Inc. Ideal Vehicle Award. [3]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested with standard side airbags.